

Supplementary Materials

Table S1

Effect Sizes for Message Acceptance, Intentions and Behavior

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Armitage, Harris and Arden (2011)	Alcohol	93	92	1.038				93	92	.600
Armitage, Harris, Hepton and Napper (2008)	Smoking	30	27	.703	30	27	.727	30	27	.501
Bucchianeri & Corning (2012)	Body dissatisfaction	43	43	.445	43	43	.434			
Caine, Study 2 (2004) – High caffeine	Caffeine				17	17	.077			

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Caine, Study 2 (2004) – Low caffeine	Caffeine				13	13	-.613			
Cooke, Trebaczyk, Harris and Wright (2013)	Exercise				40	40	1.007	40	40	1.052
Crocker, Niiya and Mischkowski, Study 2 (2008) - Smokers	Smoking	16	11	.806						
Crocker, Niiya and Mischkowski, Study 2 (2008) – Non-smokers	Smoking	32	43	-.143						
Dijkstra, Study 1 (2010)	Smoking				31	31	.524			
Dillard, McCaul and Magnan (2005)	Smoking	35	34	.158						
Epton, Study 1 (2009)	Diet				43	40	.070	26	23	-.492

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Epton, Study 2 (2009)	Alcohol				37	37	-.243	18	16	.133
Epton, Study 3 (2009) – High threat	Alcohol				23	23	-.161	8	9	.721
Epton, Study 3 (2009) – Low threat	Alcohol				25	24	.205	8	6	-.480
Epton and Harris (2008)	Diet				45	48	.343	41	46	.423
Fry and Prentice-Dunn (2005)	Breast self-examination				101	101	.014			
Good, Chapter 6 (2008) – Strong message	Sun protection	50	53	.035						
Good, Chapter 6 (2008) – Weak message	Sun protection	52	54	-.171						

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Good and Abraham (2011) – Efficacy information / skin cancer message	Sun protection	75	90	-.287	75	90	-.267			
Good and Abraham (2011) – Efficacy information / physical appearance message	Sun protection	77	86	.755	77	86	-.015			
Good and Abraham (2011) – No efficacy information / skin cancer message	Sun protection	95	75	.197	95	75	.029			
Good and Abraham (2011) – No efficacy information / physical appearance message	Sun protection	75	104	.073	75	104	.087			

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Good, Harris, Jessop and Abraham (2013) – High exercisers	Exercise	28	28	-.347	28	28	-.143	18	16	-.140
Good, Harris, Jessop and Abraham (2013) – Low exercisers	Exercise	34	33	.147	34	33	-.362	25	26	-.218
Harris, Brearley, Sheeran, Barker, Klein, Creswell, Levine and Bond (in press) – Implementation intention	Diet				83	86	.240	43	35	.470
Harris, Brearley, Sheeran, Barker, Klein, Creswell, Levine and Bond (in press) – No implementation intention	Diet				84	79	.155	48	36	.405

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Harris, Mayle, Mabbott and Napper (2007)	Smoking				43	33	.611	14	21	-.088
Harris and Napper (2005) – High risk	Alcohol	18	18	.272	18	18	.840	16	15	-.026
Harris and Napper (2005) – Low risk	Alcohol	24	22	-.201	24	22	-.220	19	18	-.178
Howell and Shepperd, Study 1 (2012)	Diagnostic Test							20	20	.903
Howell and Shepperd, Study 2 (2012) – High obligation	Diagnostic Test							28	28	1.203
Howell and Shepperd, Study 2 (2012) – Low obligation	Diagnostic Test							29	28	.640

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Howell and Shepperd, Study 3 (2012) – Treatable	Diagnostic Test							26	26	.760
Howell and Shepperd, Study 3 (2012) – Untreatable	Diagnostic Test							26	26	1.366
Jessop, Simmonds and Sparks (2009)	Sun protection	42	121	.309	42	121	.418	42	121	.239
Jessop, Sparks, Buckland and Churchill, Study 1 (2013) – Implementation intentions	Exercise				28	25	.061	20	17	-.119
Jessop, Sparks, Buckland and Churchill, Study 1 (2013) – No	Exercise				45	25	.044	35	19	.624

		Message acceptance			Intention			Behavior		
Authors	Behavior	N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
implementation intentions										
Jessop, Sparks, Buckland and Churchill, Study 2 (2013) – Implementation intentions	Exercise				31	24	.166	24	20	.475
Jessop, Sparks, Buckland and Churchill, Study 2 (2013) – No implementation intentions	Exercise				32	29	.136	27	26	.071
Klein, Harris, Ferrer and Zajac, Study 2 (2011) – Strong message	Caffeine				26	21	.625			
Klein, Harris, Ferrer and Zajac, Study 2 (2011) – Weak message	Caffeine				23	24	-.352			

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Klein, Harris, Ferrer and Zajac, Study 3 (2011)	Caffeine				118	173	-.302			
Klein, Lipkus, Scholl, McQueen, Cerully and Harris (2010) - Optimistic	Diagnostic test				26	20	.408	23	14	.053
Klein, Lipkus, Scholl, McQueen, Cerully and Harris (2010) - Realistic	Diagnostic test				8	14	-.180	8	14	-.173
Klein, Lipkus, Scholl, McQueen, Cerully and Harris (2010) - Pessimistic	Diagnostic test				12	14	-.745	10	10	-.271
Ko and Kim, Study 2 (2010) –	Sexual behavior				22	21	.276	22	21	.276

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Personal leaflet										
Ko and Kim, Study 2 (2010) –	Sexual behavior				22	21	-.575	22	21	-.575
Relational leaflet										
McQueen (2002) – Positive mood	Alcohol							16	15	.926
Napper, Study 3 (2005)	Caffeine	25	26	.383	24	21	.079	24	21	.579
Napper, Study 4 (2005) – Strong message	Caffeine	208	214	-.120	208	214	-.035			
Napper, Study 4 (2005) – Weak message	Caffeine	170	209	-.004	170	209	.145			
Napper, Study 5 (2005)	Diet	40	40	.034	40	40	.496	40	40	.270

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Neumann (2005) – Heavy drinkers	Alcohol	43	31	.342				37	27	.180
Neumann (2005) – Light drinkers	Alcohol	34	27	-.017						
Neumann (2005) – Non-drinkers	Alcohol	36	29	.006						
Palmgren (2007)	Substance abuse	42	41	-.150	42	41	-.082	27	21	.417
Pavey and Sparks, Study 2 (2012) – High risk, no risk information	Alcohol				19	19	.141			
Pavey & Sparks, Study 2 (2012) – High risk, risk information	Alcohol				19	18	.829			
Pavey & Sparks, Study 2 (2012) – Low risk, no risk information	Alcohol				19	19	.398			

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Pavey & Sparks, Study 2 (2012) - Low risk, risk information	Alcohol				19	19	-.359			
Pietersma, Study 2.1 (2009) – Moderate involvement	Diet				33	32	.694			
Pietersma, Study 2.1 (2009) – High involvement	Diet				33	32	.136			
Pietersma, Study 2.2 (2009)	Diet				68	68	.137			
Pietersma and Dijkstra (2011) – Moderate involvement	Diet				65	65	.225			
Pietersma and Dijkstra (2011) – High involvement	Diet				65	65	-.147			

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Pietersma and Dijkstra, Study 5 (2012) – Low CSAI / moderate threat	Stress				24	24	.689			
Reed and Aspinwall (1998) – High risk	Caffeine	16	16	.512	16	16	-.838	16	16	.304
Reed and Aspinwall (1998) – Low risk	Caffeine	16	16	-.219	16	16	.192	16	16	.125
Schuez, Schuez and Eid (2013)	Sun protection							147	129	.249
Scott, Brown, Phair, Westland and Schuez	Alcohol	54	67	-.127	54	67	-.091	54	67	-.048
Sherman, Nelson and Steele, Study 1	Caffeine	14	14	2.155	14	14	1.902			

Authors	Behavior	Message acceptance			Intention			Behavior			
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d	
(2000) – Caffeine drinkers											
Sherman, Nelson and Steele, Study 2 (2000)	Sexual behavior								31	30	.530
Sherman, Updegraff and Uskul (2010) – European / Approach	Dental hygiene								14	7	.812
Sherman, Updegraff and Uskul (2010) – Asian / Avoid	Dental hygiene								14	7	.865
Van Koningsbruggen, Study 5.1 (2009) – Moderate threat	Repetitive strain injury				18	20	.891		18	20	.779
Van Koningsbruggen, Study 5.1 (2009) – High threat	Repetitive strain injury				19	15	-.935		19	15	-.742

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Van Koningsbruggen and Das (2009)	Diagnostic test	48	36	.229	48	36	-.113	48	36	-.148
Van Koningsbruggen, Das and Roskos-Ewoldsen (2009) – Caffeine drinkers	Caffeine	25	22	.816	25	22	.657			
Van Koningsbruggen, Das and Roskos-Ewoldsen (2009) – Non- caffeine drinkers	Caffeine	19	18	-.432	19	18	-.525			
Van Koningsbruggen, Harris, Smits, Schuez, Scholz and Cooke, Study 1 (2013)	Diet				23	19	.622			

Authors	Behavior	Message acceptance			Intention			Behavior		
		N_c	N_e	d	N_c	N_e	d	N_c	N_e	d
Van Koningsbruggen, Harris, Smits, Schuez, Scholz and Cooke, Study 2 (2013)	Diet				49	42	.505	33	32	.757
Zhao and Nan (2010) – Gain message	Smoking	21	21	-.573	21	21	.059			
Zhao and Nan (2010) – Loss message	Smoking	21	21	.073	21	21	.598			

Note. $N_c = n$ for control condition; $N_e = n$ for experimental condition

Table S2

Study Characteristics

Characteristic	<i>k</i>	(%)	<i>Mean</i>	(<i>SD</i>)
Sample				
Gender (% Female)			79.28	(17.49)
Age (years)			24.13	(9.52)
Ethnicity (% White)			73.57	(24.11)
Solely University Student Sample	35	(67.31)		
Percentage Not Meeting Guidelines at Baseline			83.42	(35.00)
Study Design and Delivery				
Hazard Proximal	28	(53.85)		
Values Essay	23	(44.23)		
Delivery One-to-One	32	(61.54)		
Study Quality				

Characteristic	<i>k</i>	(%)	<i>Mean</i>	(<i>SD</i>)
Peer Reviewed	29	(70.73)		
Randomization Rating			1.79	(.81)
Blind Rating			1.82	(1.06)
Attrition Rating			1.92	(1.25)
% Attrition			11.54	(19.58)

Note. Publication status based on n of articles not n of studies; % Attrition = attrition over the course of the study.

Table S3

Potential Moderators of the Effect of Self-Affirmation on Message Acceptance

	<i>k</i>	<i>k Yes</i>	<i>N</i>	β	<i>SE</i>	<i>CI</i>	<i>I</i> ²	<i>Adj R</i> ²
Sample								
Gender (% Female)	34	n/a	3433	.003	.004	-.006 to .011	73.67	-6.36
Age	25	n/a	1691	.009	.010	-.011 to .029	37.58	-2.34
Ethnicity White	15	n/a	1093	-.001	.006	-.015 to .012	73.24	-11.53
Solely University Student Sample	34	19	3433	.012	.157	-.308 to .333	73.84	-5.70
Percentage Not Meeting Guidelines at Baseline	23	n/a	1480	-.003	.003	-.009 to .003	73.69	-5.88
Study Design and Delivery								
Hazard Proximal	33	17	3347	.053	.161	-.276 to .382	72.06	-3.16
Values Essay	34	23	3433	-.247	.162	-.577 to .082	73.66	1.24
Delivery One-to-One	30	15	3208	.243	.161	-.088 to .574	70.33	15.95
Measurement of Outcome								
Belief in Link	34	25	3433	.010	.174	-.344 to .364	73.23	-5.96
Persuasion	34	9	3433	-.055	.172	-.406 to .295	73.61	-5.75

	<i>k</i>	<i>k Yes</i>	<i>N</i>	β	<i>SE</i>	<i>CI</i>	I^2	<i>Adj R</i> ²
Message Derogation	34	11	3433	.009	.169	-.335 to .354	72.91	-5.24
Study Quality								
Peer Reviewed	34	24	3433	.214	.163	-.117 to .546	70.36	6.05
Randomization Rating	34	n/a	3433	-.108	.110	-.333 to .116	72.16	-.90
Blind Rating	34	n/a	3433	.021	.079	-.140 to .181	73.82	-5.14
Attrition Rating	34	n/a	3433	.109	.069	-.031 to .250	70.52	7.76

Note. *k* = number of studies; *k Yes* = the number of studies that were coded positively for the attribute; *N* = number of participants; β = regression coefficient; *SE* = standard error; *CI* = confidence interval; I^2 = extent of heterogeneity; *Adj R*² = % of heterogeneity explained by the covariate.

Table S4

Potential Moderators of the Effect of Self-Affirmation on Intentions

	<i>k</i>	<i>k Yes</i>	<i>N</i>	β	<i>SE</i>	<i>CI</i>	<i>I</i> ²	<i>Adj R</i> ²
Sample								
Gender (% Female)	64	n/a	5564	-.001	.003	-.007 to .005	61.49	-.2.14
Age	44	n/a	2892	-.005	.007	-.019 to .008	52.85	-4.38
Ethnicity White	15	n/a	1049	.004	.006	-.008 to .016	51.55	-11.97
Solely University Student Sample	64	23	5564	.158	.108	-.057 to .373	61.49	3.25
Percentage Not Meeting Guidelines at Baseline	35	n/a	2383	-.003	.003	-.008 to .003	65.07	-4.20
Study Design and Delivery								
Hazard Proximal	60	29	5266	-.003	.115	-.234 to .228	64.07	-4.03
Values Essay	64	26	5564	-.041	.108	-.258 to .175	62.07	-2.79
Delivery is One-to-One	60	36	5355	.055	.112	-.169 to .279	62.34	-2.02
Interval Between Intervention and Measure	64	n/a	5564	.439	.244	-.048 to .926	59.34	12.62

	<i>k</i>	<i>k Yes</i>	<i>N</i>	β	<i>SE</i>	<i>CI</i>	<i>I</i> ²	<i>Adj R</i> ²
Measurement of Outcome								
Intentions vs Expectations	62	32	5232	-.098	.112	-.321 to .126	62.31	.94
Study Quality								
Peer Reviewed	64	41	5564	.004	.112	-.220 to .229	62.30	-3.94
Randomization Rating	64	n/a	5564	.048	.066	-.084 to .179	62.30	-3.29
Blind Rating	64	n/a	5564	.050	.050	-.050 to .149	62.09	-.97
Attrition Rating	64	n/a	5564	.034	.044	-.052 to .121	62.33	-3.87
Attrition	63	n/a	5484	-.001	.002	-.006 to .004	59.34	-4.90

Note. *k* = number of studies; *k Yes* = the number of studies that were coded positively for the attribute; *N* = number of participants; β = regression coefficient; *SE* = standard error; *CI* = confidence interval; *I*² = extent of heterogeneity; *Adj R*² = % of heterogeneity explained by the covariate.

Table S5

Potential Moderators of the Effect of Self-Affirmation on Behavior

	<i>k</i>	<i>k Yes</i>	<i>N</i>	β	<i>SE</i>	<i>CI</i>	<i>I</i> ²	<i>Adj R</i> ²
Sample								
Gender (% Female)	46	n/a	2715	-.004	.004	-.012 to .004	58.58	.02
Age	33	n/a	1959	-.002	.006	-.015 to .011	35.97	-12.76
Ethnicity White	17	n/a	980	-.007	.003	-.014 to -.001	9.82	100.00
Solely University Student Sample	44	25	2473	.118	.141	-.167 to .403	60.37	-3.16
Percentage Not Meeting Guidelines at Baseline	28	n/a	1483	.001	.003	-.005 to .007	35.32	-9.69
Study Design and Delivery								
Hazard Proximal	45	23	2439	.279	.135	.006 to .552	56.56	11.94
Values Essay	46	22	2715	.324	.129	.064 to .584	55.02	17.05
Delivery is One-to-One	42	27	2544	.078	.145	-.215 to .372	56.65	-1.60

	<i>k</i>	<i>k Yes</i>	<i>N</i>	β	<i>SE</i>	<i>CI</i>	<i>I</i> ²	<i>Adj R</i> ²
Interval Between Intervention and Measure	46	n/a	2715	-.015	.012	-.038 to .008	59.00	-.06
Measurement of Outcome								
Objective vs Self-report	46	14	2715	.161	.146	-.133 to .455	59.02	-.48
Study Quality								
Peer Reviewed	46	28	2715	.005	.145	-.287 to .296	59.58	-4.26
Randomization Rating	46	n/a	2715	-.056	.076	-.210 to .097	59.28	-2.39
Blind Rating	46	n/a	2715	.014	.065	-.116 to .144	59.36	-3.88
Attrition Rating	46	n/a	2715	.072	.055	-.039 to .183	58.37	2.17
Attrition	43	n/a	2593	-.003	.003	-.010 to .003	56.65	-.08

Note. *k* = number of studies; *k Yes* = the number of studies that were coded positively for the attribute; *N* = number of participants; β = regression coefficient; *SE* = standard error; *CI* = confidence interval; *I*² = extent of heterogeneity; *Adj R*² = % of heterogeneity explained by the covariate.

Figures

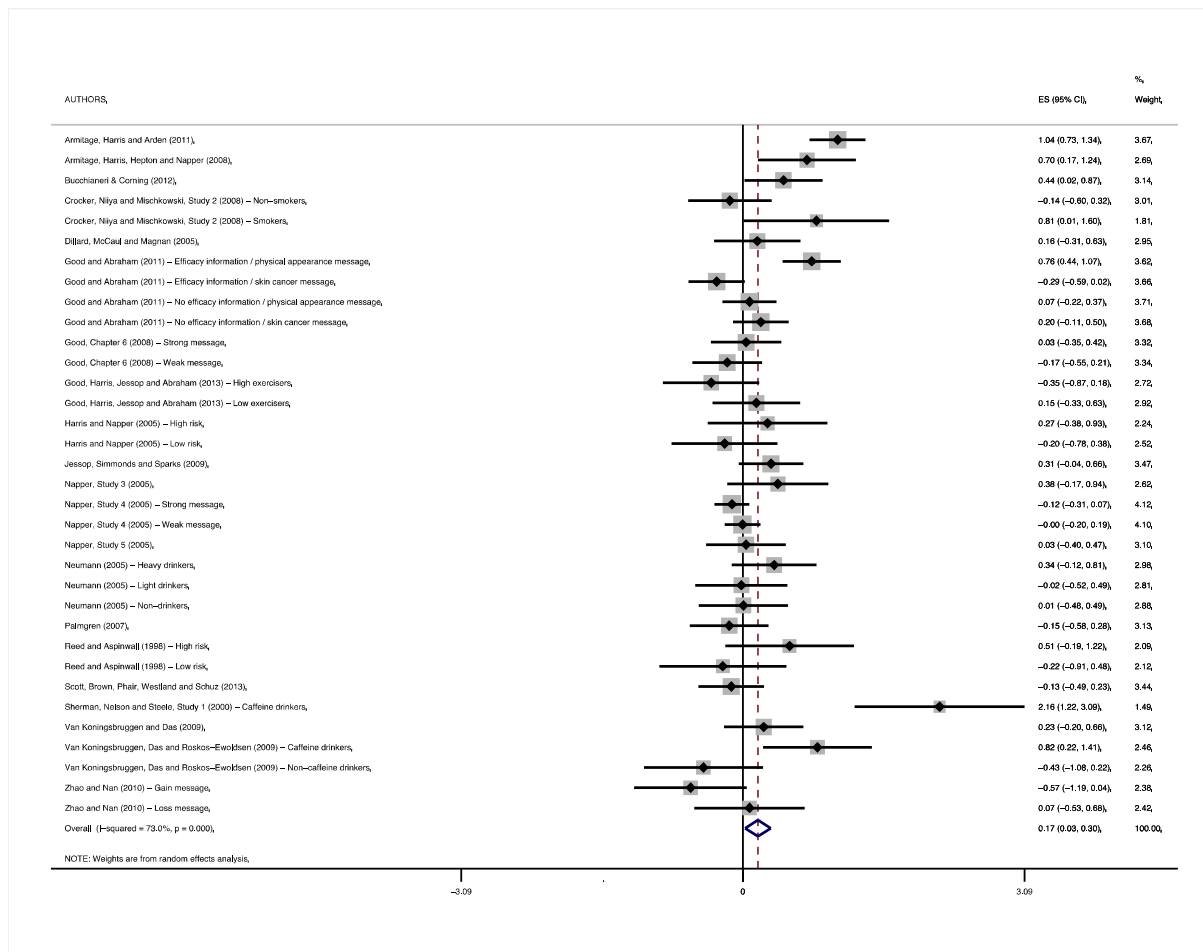


Figure S1. Forest plot for message acceptance.

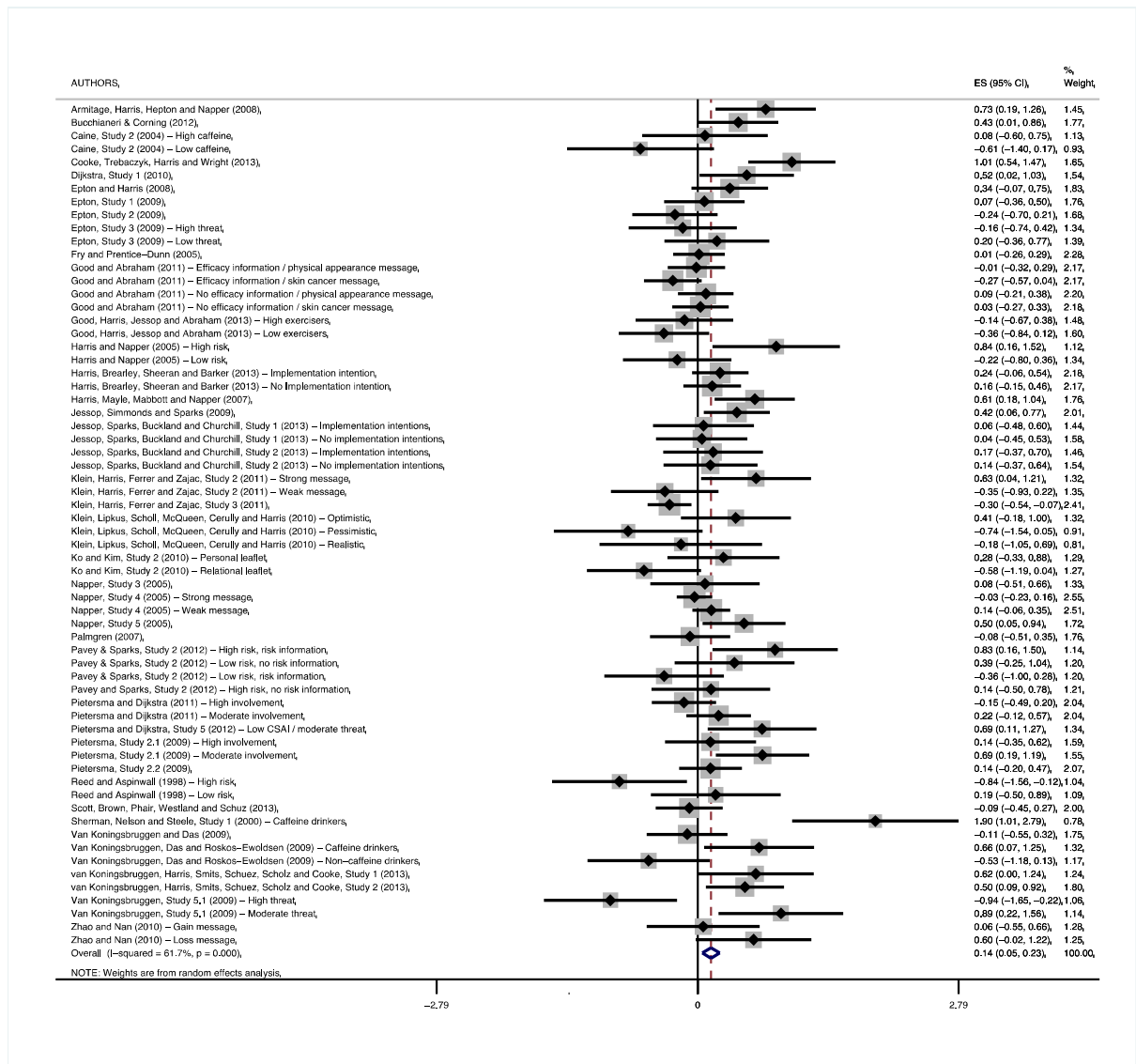


Figure S2. Forest plot for intentions.

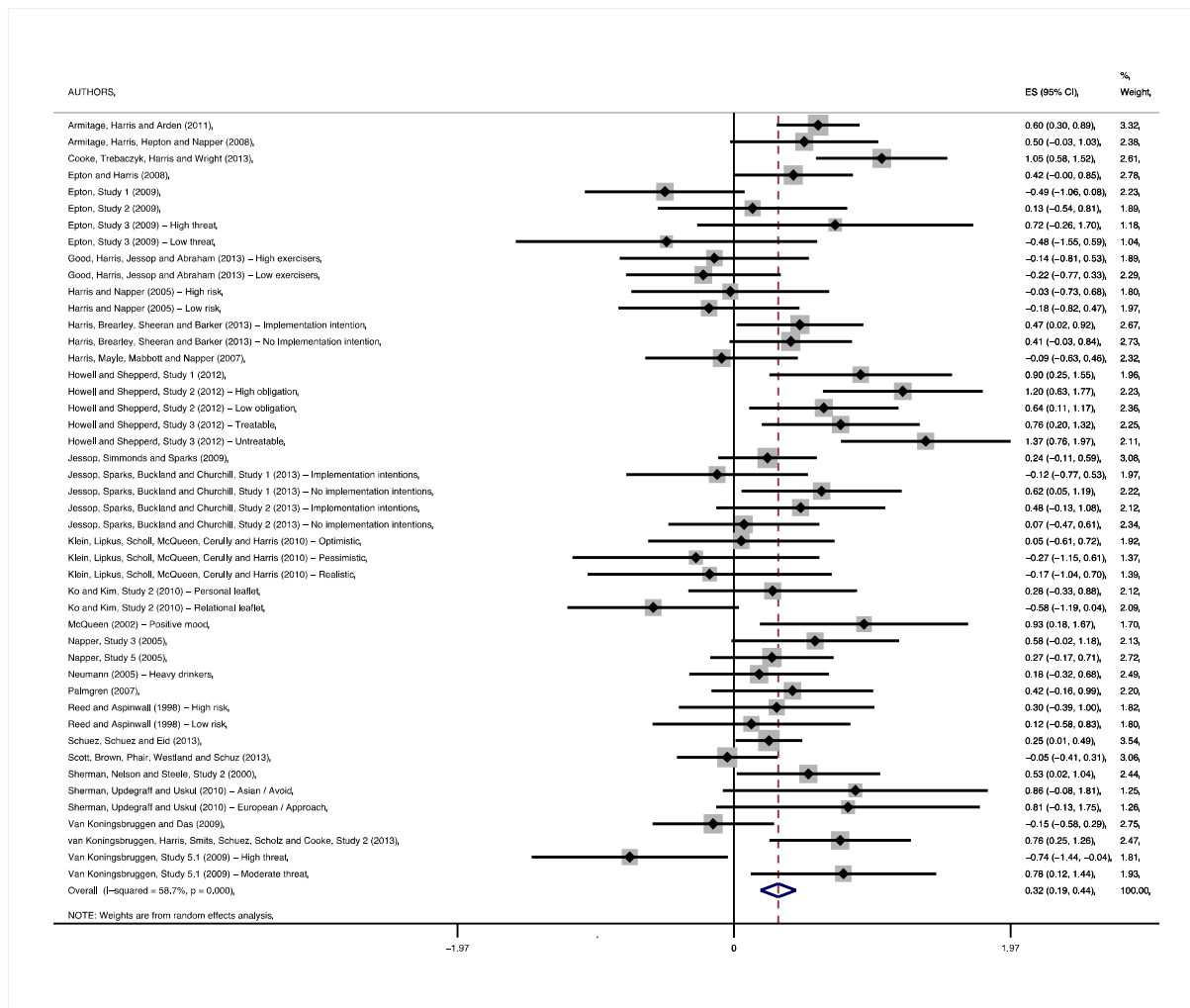


Figure S3. Forest plot for behavior.

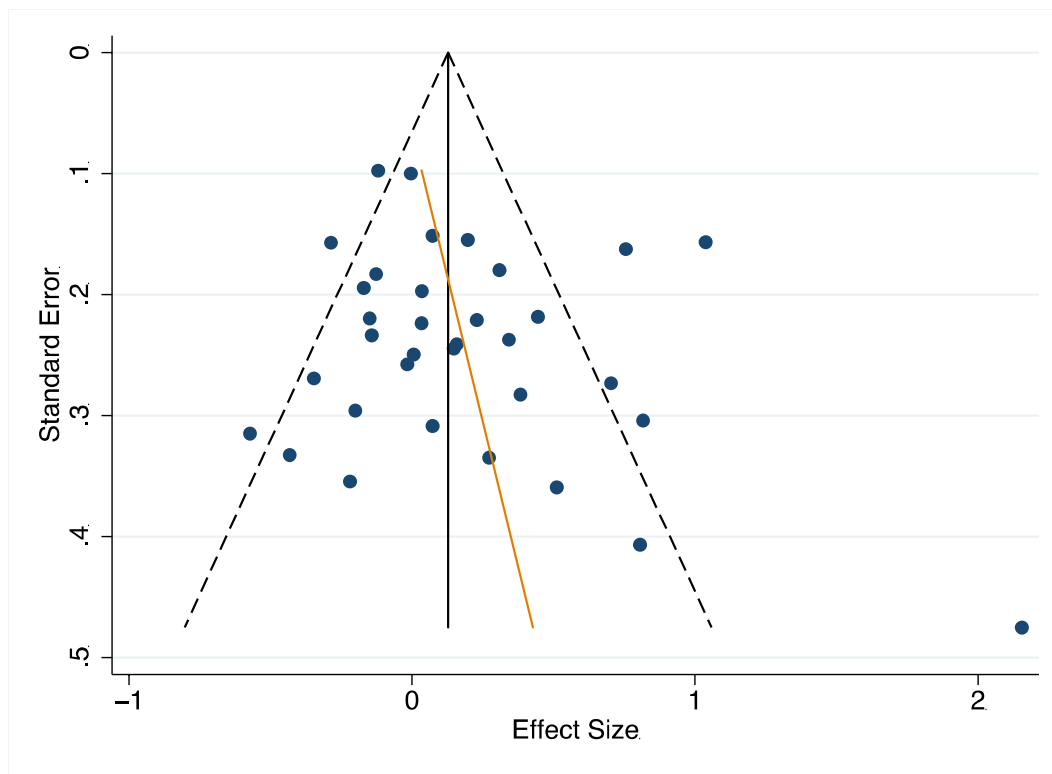


Figure S4. Funnel plot for message acceptance.

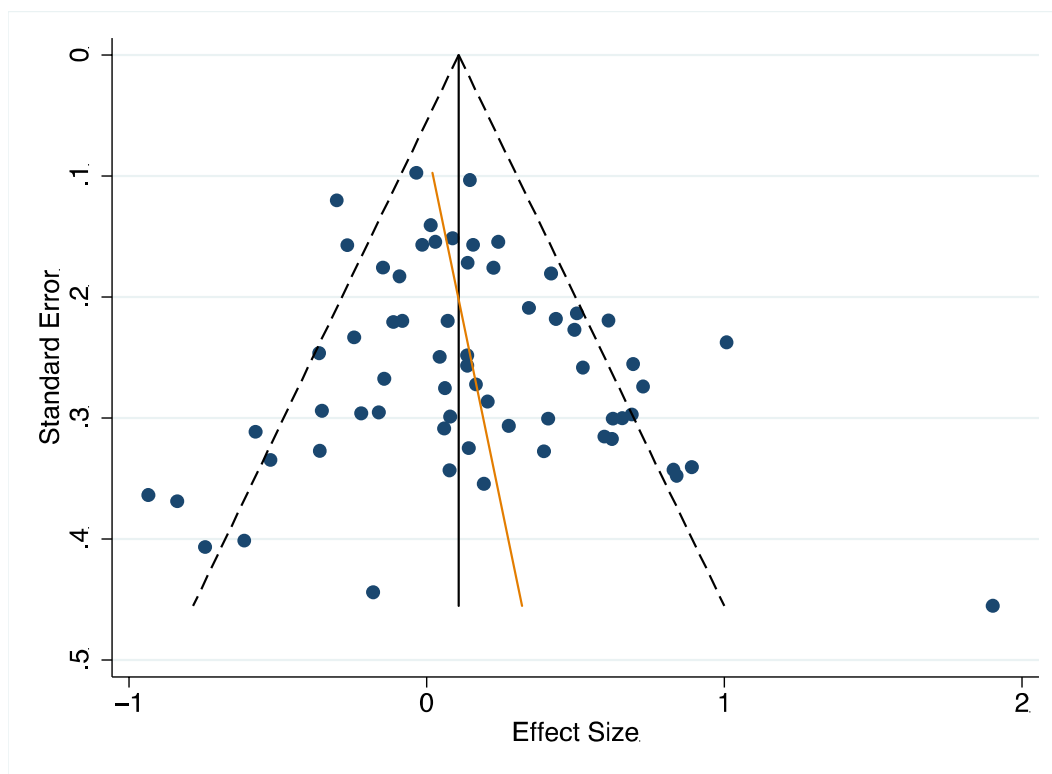


Figure S5. Funnel plot for intentions.

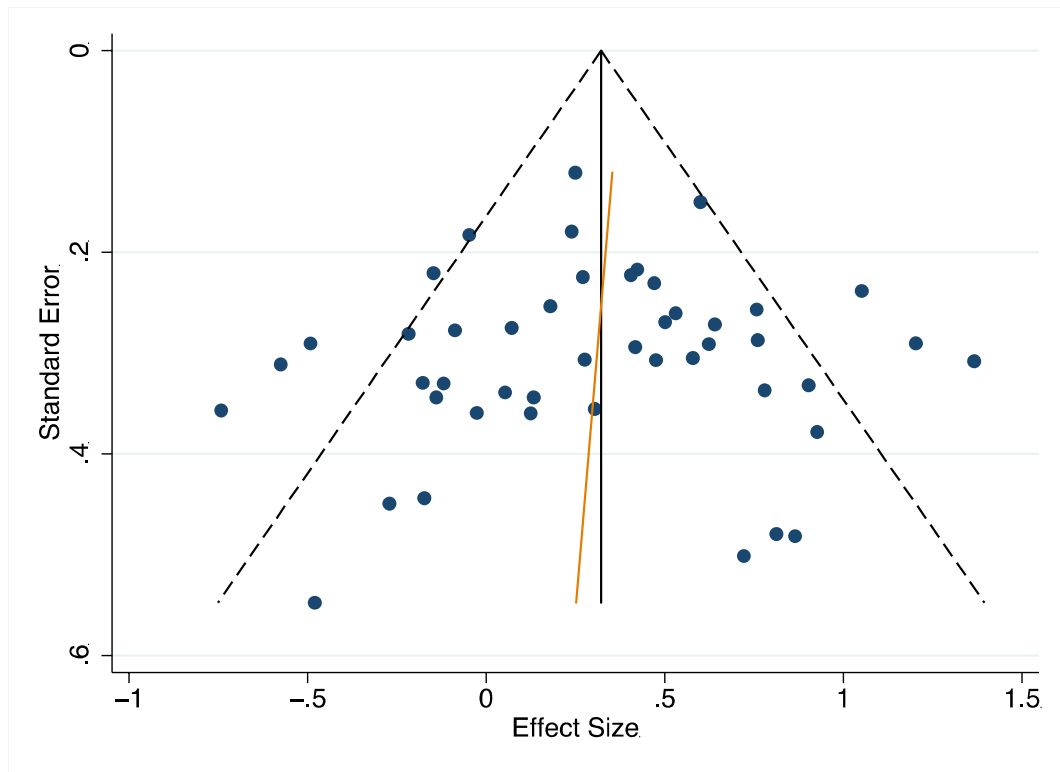


Figure S6. Funnel plot for behavior.